

Green Bean and Tuna Salad

Makes: 8 Servings

Canned green beans are featured in this recipe. Canned green beans can be served heated, or used in a variety of main dishes, soups, and salads.

Ingredients

- 14 ounces** package elbow macaroni
- 1 can** low-sodium green beans (drained, about 15 ounces)
- 1/2 can** tuna packed in water (drained and flaked with a fork, about 6 ounces)
- 1/2 cup** sweet pickles (diced, if you like)
- 1/2 cup** onions (diced)
- 1 cup** plain low-fat yogurt
- 1/2 cup** light mayonnaise
- 1 1/2 tablespoons** lemon juice
- 1/2 teaspoon** pepper

Directions

1. Prepare elbow macaroni according to package directions and drain.
2. Add green beans, onions, and tuna. If using sweet pickles, add that in too.
3. Mix yogurt, mayonnaise, lemon juice, and pepper

Nutrition Information

Nutrients	Amount
Calories	310
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	20 mg
Sodium	333 mg
Total Carbohydrate	47 g
Dietary Fiber	3 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	15 g
Vitamin D	N/A
Calcium	89 mg
Iron	2 mg
Potassium	N/A

N/A - data is not available

together and toss with macaroni mixture.

4. Chill before serving.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov/>